



Quick Tips for Safe Preserving

YOUR RECIPE GUIDE TO SAFE PRESERVING THIS SUMMER

Follow a research-tested up-to-date recipe from these sources:

National Center for Home Food Preservation <https://nchfp.uga.edu>

- How do I?
 - Can (includes fruits, tomatoes, salsa, vegetables, meats)
 - Freeze
 - Dry
 - Cure & Smoke
 - Ferment
 - Pickle
 - Make Jam & Jelly

UW-Extension Safe & Healthy Food <https://fyi.extension.wisc.edu/safefood/>

- **Safe Preserving Recipes:** [SEE **Safe Preserving Recipes** tab] recipes for:
 - Freezing Fruits and Vegetables (B3278)
 - Canning Fruits Safely (B0430) – updated 2020
 - Canning Meat, Wild Game, Poultry and Fish Safely (B3345)
 - Canning Salsa Safely (B3570)
 - Canning Vegetables Safely (B1159)
 - Tomatoes Tart & Tasty - updated 2021!
 - Care and Use of a Pressure Canner (B2593)

Have canning or home preserving questions?

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